



*CLOSE UPS*

## **Golden Choice Vegetable Purees, Pea & Carrot**

Make nutritious meals for your residents in minutes using Golden Choice **Vegetable Purees!** Our Vegetable Purees come in 11 great varieties so you can be sure your residents never grow tired of their menu.

### **Vegetable Puree Varieties:**

Beets  
Broccoli  
Carrots  
Corn  
Green Beans  
Mixed Vegetables  
Peas  
Peas & Carrots  
Spinach  
Tomato  
Zucchini

#### **Vegetable Variety Pack #1**

1 Green Beans  
1 Peas  
1 Corn  
1 Broccoli  
1 Carrot  
1 Mixed Vegetable

#### **Vegetable Variety Pack #2**

1 Beets  
1 Corn  
1 Peas & Carrots  
1 Spinach  
1 Tomato  
1 Zucchini

### ***Offer the Nutrition They Need!***

Just because it tastes good doesn't make it bad for you! Our vegetable purees contain up to **8 grams of fiber** per serving, are Fat Free, Cholesterol Free, and Low in Sugar.

### ***Mix and Match Your Menu!***

Our Vegetable Purees come in 11 fantastic varieties—Beets, Broccoli, Carrots, Corn, Green Beans, Mixed Vegetable, Peas, Peas & Carrots, Spinach, Tomato, and Zucchini! That's 11 meal options without ever having to serve the same item twice. What's more, our variety packs make ordering multiple flavors a breeze!

### ***Keep Waste to a Minimum!***

Golden Choice's convenient low-yield packaging means you can prepare only what you need without hassle.

All of our mixes are shelf-stable and last up to 24 months without sacrificing freshness or flavor.



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## Golden Choice Vegetable Purees, Pea & Carrot

### Product Detail

Case Size: 6 / 4 oz bags  
Servings per Container: 8  
Servings per Case: 48

### Basic Recipe

1 bag                      Golden Choice Pea & Carrot Puree  
1 quart                   Boiling Hot Water

- 1) Pour **boiling hot** water into an appropriate sized mixing bowl.
- 2) Slowly add contents of your puree mix into the bowl while whisking with a wire whisk.
- 3) Continue to whisk contents until smooth.
- 4) Serve immediately or place in warmer until ready to serve.

### Pea & Carrot Puree Nutrition Information

<b>Serving Size:</b> 1/2 cup prepared	<b>Amount</b> / <b>Serving</b>	<b>%DV</b>
<b>Calories:</b> 30	Total Fat: 0 g	0%
<b>Fat Cal:</b> 0	Sat Fat: 0 g	0%
	Trans Fat 0 g	
Vitamin A: 35%	Cholesterol 0 mg	0%
Vitamin C: 0%	Sodium 470 mg	20%
Calcium: 2%	Total Carb 11 g	4%
Iron: 6%	Dietary Fiber 6 g	24%
	Sugar 1 g	
	Protein 1 g	

### Ingredients

Peas, carrots, fiber, butter flavor, salt, and fructose.